

CLAIMS

1. A fall arrest system comprising an upper anchor point and a lower anchor point and a vertical cable mounted between the anchor points, and further comprising a first energy absorbing means associated with the upper anchor point.

2. A fall arrest system according to claim 1, in which the first energy absorbing means is adapted to control the load applied to the upper anchor point.

3. A fall arrest system according to claim 1, and further comprising a fall arrest device mounted on the vertical cable and a second energy absorbing means associated with the fall arrest device, in which the second energy absorbing means is adapted to control the load experienced by a user and the first energy absorber is adapted to control the load applied to the upper anchor point.

4. A fall arrest system according to any one of claims 1 to claim 3 in which the lower anchor point is arranged to provide an additional extension of the system.

5. A fall arrest system according to claim 4, in which the lower anchor point includes a slip element.

6. A fall arrest system according to claim 4, in which the lower anchor point is deformable.

7. A fall arrest system according to any preceding claim in which the upper and lower anchor points are at the upper and lower ends of the cable.

8. A fall arrest system according to claim 1 or claim 2 and further comprising a fall arrest device arranged for movement along the cable.

9. A fall arrest system according to claim 8, in which the fall arrest device comprises an energy absorbing means.

10. A fall arrest system according to any preceding claim and further comprising one or more cable guides.

11. A fall arrest system according to any one of claims 4 to 6, in which the additional extension of the system is provided by a third energy absorbing means associated with the lower anchor point.

12. A fall arrest system according to any preceding claim in which at least one of the energy absorbers is resilient.

13. A fall arrest system according to claim 12, in which said resilient energy absorber is a spring.

14. A fall arrest system according to any preceding claim, in which at least one of the energy absorbers includes a plastically deformable element.